

Camp Mission

Learn the fundamentals of basketball, and improve basic skills in a fun yet challenging environment! Players of all skill levels are welcome, as each day includes game play in teams grouped by age and experience. Coaches balance teaching fundamentals with developing a positive attitude, good sportsmanship and teamwork. Campers visit a local pool each week to cool off, and each camper receives a t-shirt and daily workout instructions for use after camp. The last day of each session concludes with a special awards presentation.

Camp Director

Director: Bullis Varsity Girls Basketball Coach Amy Heinzelmann became director of Girls Basketball at BSP in 2016. Coach Heinzelmann served as head coach for the Stone Ridge varsity girls basketball team for eight seasons and has years of experience in coaching youth sports. She played basketball for four years at the University of Connecticut where she was a three-year starter and a captain her senior year. A member of the 1000 point club at UConn, she holds the single-season, free-throw-percentage record at UConn and played professional basketball in France for one season.

Questions: Coach Amy Heinzelmann
amy_heinzelmann@bullis.org



Bullis Summer Programs
10601 Falls Road
Potomac, Maryland 20854



2019
GIRLS & COED BASKETBALL



Girls Basketball
July 1 (4-day)

Coed Basketball
July 29

EASY ONLINE REGISTRATION!
WWW.BULLIS.ORG/SUMMERPROGRAMS

Drop-Off & Pickup

Drop-Off & Pickup Gate:

Enter at **Main Gate** on Falls Road. Follow one-way drive to Athletic Building. Location is marked and manned with basketball staff. Continue on one-way drive, and **exit at Stadium Gate** on



What to Bring/Wear



- ◆ athletic shorts
- ◆ t-shirt
- ◆ athletic shoes
- ◆ water bottle
- ◆ sunscreen, swimsuit and towel for pool days (Monday through Thursday)
- ◆ a bag lunch, unless you have pre-ordered the Bullis lunch program

Camp Sessions

Girls Basketball:

Week: July 1 (4-day)
Time: 9:00 a.m.—3:00 p.m.
Ages: 6-14
Fee: \$250

Coed Basketball

Week: July 29
Time: 9:00 a.m.—3:00 p.m.
Ages: 8-16
Fee: \$310

“I liked the personal assistance I got in Girls Basketball. Everyone wanted to help me improve, and they wanted to help me reach my goal. My coach really challenged me.”

— Camper

Girls Basketball Daily Schedule

9:00-9:30 a.m.: Welcome/stretch/warm-up
9:30-10:15 a.m.: Stations— ball-handling, shooting, rebounding, passing, defensive slides
10:15-10:30 a.m.: Team practice/meetings
10:30-11:30 a.m.: Games (5v5)
11:30 a.m.-12:30 p.m.: Contest of the Day— free throw, layups, 3-on-3, hot shot, 3-point
12:30-1:00 p.m.: Lunch
1:00-2:45 p.m.: Pool or afternoon games
2:45-3:00 p.m.: Group skill activity & dismissal

Discounts

Early Bird Discount: Register on or before March 1, and receive a 10% discount (applicable to full-day athletic camps only, excluding Tennis). This discount is forfeited if a change is made to the camp registration after March 1.

Athletic Camp Sibling Discount: Register two or more siblings in an athletic camp the same week after March 1, and receive a 5% discount per child (applicable to *full-day* camps only).

The above listed discounts are not stackable and cannot be combined for the same camp.

“I loved the counselors and coach! Team challenges and the competition of the day were my favorite, and the counselors made camp so fun! I’ll be back next year.”

— Camper



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